



Tips To Be Tobacco Free

- **FIND YOUR REASONS TO QUIT.** Everyone quits for a different reason- health, money, fitness, career to name a few. You may have support to quit or even peer pressure to continue using tobacco so the decision should come from you!
- **SELECT A METHOD THAT FITS YOU.** Going cold turkey, cutting back, using medication, counseling, an online program, or a mobile app. Use what works best for you.
- **SET A QUIT DATE.** Plan a time. Choose a day in the next few weeks and commit. Circle that date on your calendar or planner. Plan to be tobacco free.
- **SUPPORT.** Ask your friends and/or family to support your efforts. Ask former smokers and dippers you know what helped them quit.
- **RECOGNIZE YOUR TRIGGERS.** Which triggers may be easy and which triggers seem to be difficult? For example: upon awakening in the morning, after drinking coffee or after a meal? Plan in advance how you will handle these situations without using tobacco.
- **MAKE A QUIT PLAN.** When is the best day? Which method will work best? Who will support you? How will you make your surroundings tobacco free? What other strategies will you use?
- **TELL SUPPORTERS.** Inform your family and friends of your quit date. Ask for their support and remind friends not to ask you out to the tobacco deck or to offer tobacco. (You didn't run out, you quit!)
- **MOTIVATION.** Write down your reasons for quitting. Read it several times during the day, especially when you have cravings. Keep written reasons where your pack or can used to be. Instead of grabbing the tobacco products, you'll grab a handful of reasons to quit!
- **QUIT WITH SOMEONE.** Everything is better when you do it together! Spouses, friends, co-workers, or maybe a group may want to give it a try. You can take breaks, walk and talk with the same people, and quit together.
- **MAKE A QUIT BAG.** Get a survival bag with items to help you. Some common things to include are toothpicks, cinnamon sticks, sugarless hard candy and gum, or stress balls, pens, and rubber bands to keep your hands busy.
- **RESIST CRAVINGS.** When a craving strikes, try to distract yourself. The four D's can help: Deep breaths, Drink water, Do something else, and Delay.



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PREVENTION AND PROTECTION START HERE



- **AVOID UNHEALTHY REPLACEMENTS.** Replacing tobacco with alcohol, high calorie drinks, candy, unhealthy foods, or desserts can lead to other problems. Your metabolism changes when you quit smoking. If you replace one habit with another, make a healthy choice.
- **INCREASE EXERCISE.** Exercising will help you stay in shape, feel better, rid your body of toxins, and keep your weight in check.
- **LEARN FROM THE PAST.** If you have tried to quit before and suffered a setback, remember your triggers. Be prepared! Stay motivated! If you slip up, remember it is never too early or too late to try again.

WANT ADDITIONAL HELP?

- Check out the following websites:
 - The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department's Tobacco Free Living campaign:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>
 - DoD's Quit Tobacco- UCanQuit2 campaign: <http://www.ucanquit2.org/>
 - The Department of Health and Human Services' BeTobaccoFree.gov:
<http://betobaccofree.hhs.gov/>
- Call one of the following programs:
 - National routing number to reach your state's quitline: 1-800-QUIT-NOW (1-800-784-8669)
 - Call the TRICARE Tobacco Quitlines:
 - North Region 1-866-459-8766
 - South Region 1-877-414-9949
 - West Region 1-888-713-4597
 - [Freedom Quitline](#) (for TRICARE beneficiaries): 1-844-I-AM-FREE (1-844-426-3733)